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Volume 35 | Number 7

Article 4

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1955

## Kitchen Formula Number 1: Recipes

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### Recommended Citation

McBride, Pat (1955) "Kitchen Formula Number 1: Recipes," *The Iowa Homemaker*: Vol. 35 : No. 7 , Article 4.

Available at: <http://lib.dr.iastate.edu/homemaker/vol35/iss7/4>

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*Kitchen formula number 1:*

# Recipes

*By Pat McBride*

*Technical Journalism Junior*

**T**ASTY RECIPES + fingertip-filing = easier and varied menus *and* the answers for your Meal Planning, Home Management and church supper problems.

You'll be needing many recipes in your own home, too, and trying to find the ideal recipe at the last minute can be a real problem if you have nothing to search through but a few magazines or a standard cookbook.

No doubt some of your favorite dishes are those your mother prepares. Begin your collection with the tastiest of these. Then ask teachers and friends for their most successful dishes. (Be sure to include the donator's name for future reference.)

Clip from food sections of newspapers and magazines for you'll find food editors present unusual, practical, economical and easily-prepared recipes to please their readers. Recipes printed on food package wrappings and on national advertisements will help you prepare "the same foods" with a new flair.

A good recipe should be given a permanent place, *in a recipe file*. To be helpful it should be well-organized. You can start your recipe file easily with a small box, 3 x 5 white cards and section dividers.

## Use divider cards

Use the divider cards to make sections for desserts, salads, meat dishes, new ways for potatoes, cheese or eggs. Remember vegetable dishes, sandwich variations and picnic tricks.

It's a good idea to have a special section for all the recipes you want to test. Then prepare each recipe at least once before filing it in its proper and permanent place. Judge it for sound proportion of ingredients and ask yourself if the prepared dish fits your family's likes and budget.

Copy ingredients and amounts on cards accurately. Don't have a file which is cluttered with untried or unsatisfactory recipes.

Once your file is started use it to vary your menus and to especially please your family and guests. Write the name of a guest who particularly enjoyed a dish on the card of that food. Next time he's visiting you'll know what to repeat for his favor.

Let your file help you remember successful menus. You might jot down on the card that a tossed salad makes a crispy complement. Or note total price of ingredients on the card. This will help you to recall that an expensive recipe is hard on the everyday budget and should be saved for special entertaining only.

Make your recipe file a personalized and helpful collection of recipes with ideas you like and want to serve.

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